

# 2024

# SPRING CLASSES

Registration begins online  
 Tuesday Feb 27, 2024 at 9:00am.  
 Classes begin the week of April 1, 2024 and will run for 8 weeks!  
 To register go to:  
[Laparks.org/reccenter/vnso](http://Laparks.org/reccenter/vnso)

	CLASS NAME	AGE	TIME	PRICE	DESCRIPTION
<b>MONDAY</b>	Movement & Music	2ys	10am-10:45am	\$90	This class can help develop social skills, such as turn-taking, following rules, and sharing. The rhythmic nature of music can help to calm and focus the mind, and the physical activity of moving releases pent-up energy and tension, teaching children how to regulate their emotions.
	Martial Arts	9yrs-12yrs	4:00pm-5pm	\$96	Students will learn self-defense while gaining self-confidence and flexibility. This class helps build concentration, discipline, and respect in any situation.
	Marital Arts	13yrs-18yrs	5pm-6pm	\$96	
	Harry Potter Science	5yrs-8yrs	5:00pm-6:00pm	\$110	This is one very magical class, "Exploring the Science of Harry Potter," teaching students about the real-world magic around us. Each project offers insight into the fundamentals of science and helps children to unlock the mysteries of the worlds of science.
<b>TUESDAY</b>	Parent & Me: Crafts and Play	2yrs-4yrs	10am-10:45pm	\$100	This is a lightly structured class that mimics a halfway preschool program: arts & crafts, songs, bubbles, movement, circle time and working on fine and gross motor skills.
	Beg Adult Tennis	18+	9am-10am	\$100	For Players with minimal or no knowledge of tennis. Basic forehand, backhand, volleys, and serves will be taught.
	Beg/adv Adult Tennis	18+	10am-11am	\$100	For Players with minimal and some knowledge of tennis. Basic forehand, backhand, volleys, and serves will be taught.
	Beg Adult Pickleball	18+	11am-12pm	\$90	For players new to pickleball wanting to learn the fundamentals of pickleball.
	T-Ball	3yrs-4yrs	4pm-5pm	\$110	In this class students will learn the fundamentals of baseball appropriate for their age group.
	Coach Pitch	5yrs-7yrs	5:15pm-6:15pm	\$110	
	Cheer	5yrs-8yrs	4:30pm-5:30pm	\$96	This class focuses on the basics of cheerleading, including gymnastics, stunts, cheers, dance, and jumps, while increasing flexibility, strength, and self-confidence.
	Edible Art	5yrs-8yrs	4pm-5pm	\$100	Edible Art refers to food created to be art. Our students will learn how to create their own edible art projects using a step-by-step technique demonstrated by an experienced instructor.
	Taekwondo	4-6yrs	3:45pm-4:30pm	\$110	Students will learn self-defense while gaining self-confidence and flexibility. This class helps build concentration, discipline, and respect in any situation.
	Taekwondo	7yrs-10yrs	4:30pm-5:30pm	\$110	

"Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements"

"Achieving gender equity through a continuous commitment to girls and women in sports."

Information on this flyer is subject to change or cancellation without prior notice.

# WEDNESDAY

CLASS NAME	AGE	TIME	PRICE	DESCRIPTION
Little Kickers: Soccer	2yrs	10am-10:45am	\$90	focuses on helping kids develop their large motor skills through skill demonstrations and entertaining active games.
Preschool Ballet	3yrs	3:35pm-4:15pm	\$90	An introduction to dance . Exploration of fundamental dance concepts through the use of simple ballet techniques and connected movement. Focus on qualities of movement and spatial relationships. Ballet slippers and leotard required.
Beginning Ballet	4yrs-5yrs	4:30pm-5:15pm	\$90	A continuation of the concepts introduced in Pre-Ballet. Beginning identification of ballet positions and terms as well as working individually, in pairs and as a group. Ballet slippers and leotard required.
Storybook Ballet	6yrs-8yrs	5:30pm-6:30pm	\$96	Working within the context of ballet , we explore the creative process of story-telling through movement. In addition to expanding dance movement vocabulary and ballet technique, dancers will learn concepts of choreography. Ballet slippers and leotard required.
Cartoon Art	7yrs-9yrs	6pm-7pm	\$100	Students will discover their artistic talents and creativity through painting, sculpting, craft projects and character sketching.
Cheer	5yrs-8yrs	4:30pm-5:30pm	\$90	This class focuses on the basics of cheerleading, including gymnastics, stunts, cheers, dance, and jumps, while increasing flexibility, strength, and self-confidence
Fundamentals of Cooking	9yrs-14yrs	5pm-6pm	\$150	Bursting with hands-on cooking activities with an emphasis on nutrition, your child will learn basic cooking techniques, how to safely work with cooking tools, and fractional math through measurements.

# THURSDAY

Adult Beginning Pickleball	18yrs+	9am-10am	\$90	For players new to pickleball wanting to learn the fundamentals of pickleball.
Adult Beginning Pickleball	18yrs+	10am-11am	\$90	
Little Dribblers	2yrs	10am-10:45am	\$90	Children will learn to develop balance, coordination, and flexibility. They will learn the basic fundamentals of basketball and good sportsmanship in a noncompetitive environment.
Toddler Gymnastics	2yrs	2:30pm-3:00pm	\$90	Our Gymnastics program teaches body and arm position, how to improve flexibility, body awareness, and more. These classes are a great way to enhance your child's strength, flexibility, and confidence.
Toddler Gymnastics	2yrs	3:00pm-3:30pm	\$90	
Preschool Gymnastics	3yrs-4yrs	3:45pm-4:30pm	\$96	
Beginning Gymnastics	5yrs-8yrs	4:30pm-5:30pm	\$96	Students will learn basic tumbling skill; rolls, handstands, cartwheels, and walkovers all using proper techniques. Exploring gymnastics can help kids develop balance and coordination.
Beginning Gymnastics	9yrs-14yrs	5:30pm-6:30pm	\$96	
Cartoon Art	9yrs-14yrs	6pm-7pm	\$100	Students will discover their artistic talents and creativity through painting, sculpting, craft projects and character sketching.
Creative Improve/ Drama	7yrs-13yrs	6:30pm-7:30pm	\$80	In this class students will focus on teamwork and self-expression as well as building on and strengthening improvisation, imagination, memory skills, and self confidence.
Hip Hop	5yrs-8yrs	4:30pm-5:30pm	\$90	Thus class is based on Hip-Hop fundamentals including house breaking, locking & popping techniques.
Youth Tennis (A)	7yrs-9yrs	6pm-7pm	\$100	For players with some knowledge of tennis. Basic forehand, backhand, volleys, and serves will be reviewed, and new skills will be taught.
Youth Tennis (B)	10yrs-14yrs	7pm-8pm	\$100	

# FRIDAY

Piano, Voice, Violin Lessons	7yrs+	Between 3pm-8:30pm	\$180	30 minute individual private lessons. Emphasis is on piano but voice or violin lessons can be taught upon request. The instructor will recommend which book should be purchased by the student on the first day of classes.
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